

THE AMERICAN HEALTH SERIES



EVERYDAY HEALTH

III

WILSON • BAKER • ABBOTT • ALMACK

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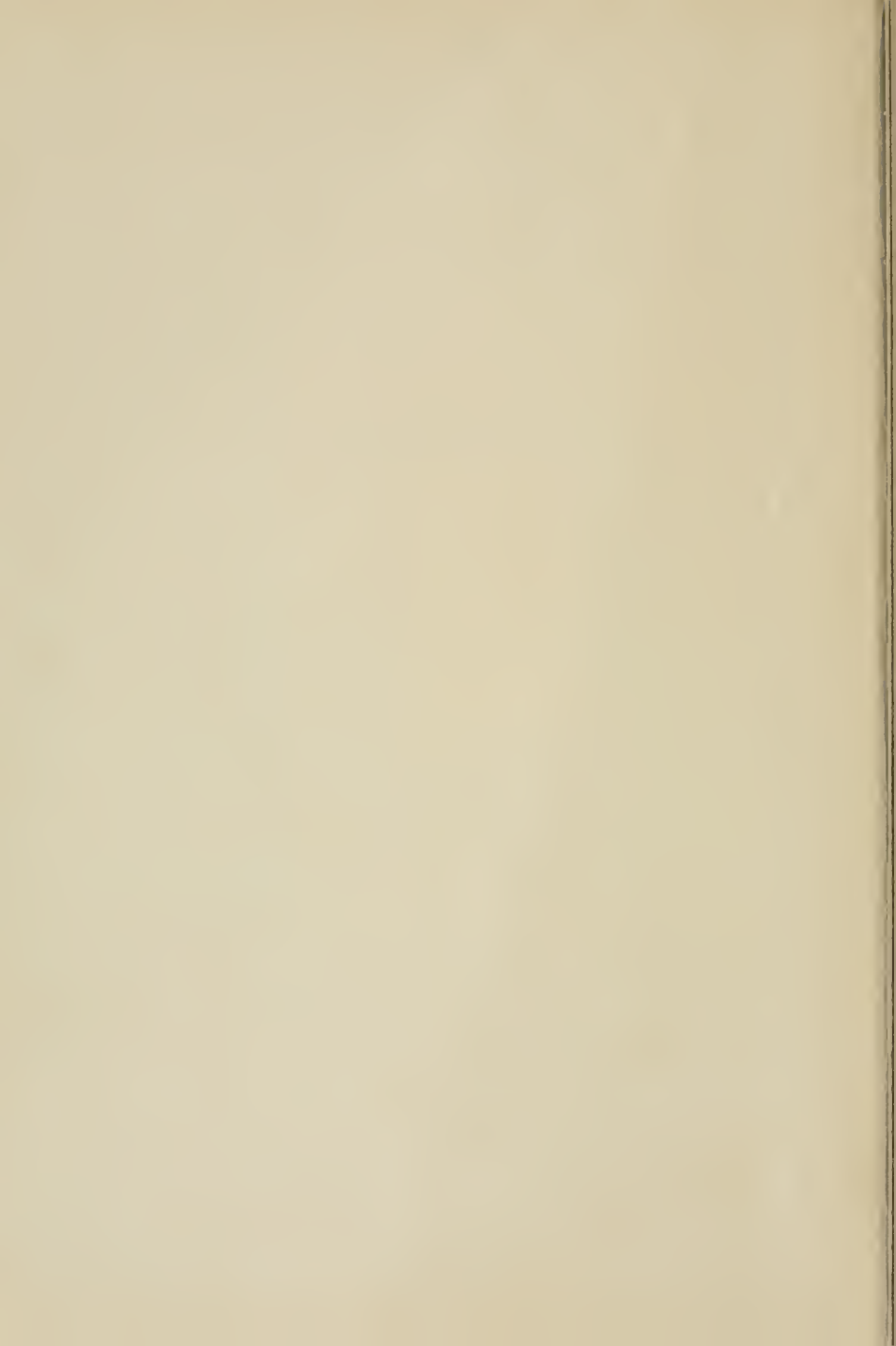
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THE AMERICAN HEALTH SERIES

EVERYDAY HEALTH

III

By

CHARLES C. WILSON, M.D.

PROFESSOR OF HEALTH AND PHYSICAL EDUCATION, TEACHERS COLLEGE
COLUMBIA UNIVERSITY; FORMERLY DIRECTOR OF HEALTH AND
PHYSICAL EDUCATION, HARTFORD PUBLIC SCHOOLS

CLARA BELLE BAKER, M.A.

DIRECTOR OF DEMONSTRATION SCHOOL
NATIONAL COLLEGE OF EDUCATION

PANSY JEWETT ABBOTT, M.A.

SUPERINTENDENT, SAN MATEO COUNTY SCHOOLS, CALIFORNIA

JOHN C. ALMACK, Ph.D.

PROFESSOR OF EDUCATION, STANFORD UNIVERSITY

Drawings and Colorings by Pauline Batchelder Adams

Photographs by Marvelle Landreth and Others

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GOOD GAMES TO PLAY

Play in the open air helps you to grow strong. Play helps to keep you happy. Play is fun when you can play well.

You have to learn to play just as you have to learn to read, build, write, or cook. Let others tell you how to play new games. Practice each game till you can play it well.



GOOD GAMES

Frank liked to play ball games with
Trudy, Bob, and Mary.

Frank said, "Let us form a play club. We will play games every day."

Trudy said, "Let us ask all the children in our room at school to join the club."

"Let us tell what games we like to play," Frank said.

"I like singing games," Trudy said. "I like Farmer in the Dell, London Bridge, and Pop Goes the Weasel."

Bob said, "I like running games: Fox and Geese, Black Tom, Squirrel in the Tree, Stoop Tag, and Wood Tag."

Mary said, "I like hiding games. It is fun to play Hide and Seek, Icebox, Mother Puss, and Hide the Thimble."

"I like ball games," Frank said. "I like Drive the Pig, dodge ball, kick ball, and basketball."



A PLAY PARTY

Frank invited the play club to play in his yard. Mary chose the first game, Farmer in the Dell. Bob was the "farmer." The children sang:

"The farmer in the dell,
The farmer in the dell,
Heigh oh, the derry oh,
The farmer in the dell!"



Betty chose a game called Needle's Eye. Mary and Ann joined hands to make the "eye." Others joined hands to make the "thread." They marched through the "eye," singing:
"The needle's eye that does supply
The thread that runs so true;
And many a beau have we let go,
Because we wanted you!" "

As the last word, "you," was sung, the two leaders dropped their arms and caught Betty. Betty named Jerry for a partner and they formed an "eye."

Next, Bob chose a game called Hunters. Frank, Trudy, Mary, and Bob were the leaders. Each leader chose a team of three players.

Bob said, "One team will go north to hunt. One team will go south; one, east; one, west. Find leaves of many different trees. Jerry will blow a whistle when the time is up."

Bob's team found the most tree leaves. Later the teams hunted for other things. Trudy's team found the most plant leaves. Frank's team found the most berries. Mary's team found the most seeds.



Frank chose a game called Flower Trail. He passed pencils and cards.

He said, "The game is to find and name flowers. If you know the name of the flower, write the name. If you do not know the name, draw a picture of the flower. Every new flower drawn counts one point. Every new flower named counts three points."

Talk About

how athletes keep healthy and strong.
the kinds of clothes that are best for
play.

how play helps growth.

why you should not play too hard.

why you should bathe after playing.

Make Lists

of good things to do outdoors in
autumn, winter, spring, summer.

of good things to do indoors in bad
weather.

Teach Yourself

to play two new games.

to play well with others.

to play fair always.

to play outdoors when you can.

to rest often.

to be a good sport.



GOOD POSTURE

Your bones are the framework around which you are built. A good house or a fine car needs a strong framework, and so do you.

Posture is important in building a good framework for your body. Stand, then sit, before a mirror. See that your body is straight and your chin is up.



SITTING AND STANDING

Miss Ford was the teacher of the third grade. She helped each child find a chair of the right size.

She said, "Your chair should be low enough so that you can sit well back with both feet resting squarely on the floor. Your legs from your knees to your body should be level."

Frank said, "My chair is just right. When I sit back, my feet rest on the floor, and my legs from hips to knees are level."

Trudy said, "I think my chair is a little too high."

"Yes, Trudy," Miss Ford said, "this chair is too high for you. There is pressure under your thighs near the front edge of the chair."

Trudy found a comfortable chair.

"Your desk top can be raised or lowered," Miss Ford said. "Place it so that, when you write, your forearm rests on the desk top comfortably. One shoulder should not be higher than the other."

Each child adjusted his desk top to the proper height.



“Please show us how to stand straight, Trudy,” Miss Ford said.

Trudy stood before the class. “Put your feet a little apart,” she said. “Let your toes point straight ahead. Hold your chin in and keep your chest up. Hold your back straight. Let your weight fall on the balls of your feet. Let your arms relax at your sides.”

“How can we be sure we are standing straight, Miss Ford?” Bob asked.

“I will show you how to be sure you are straight,” Miss Ford said. “Stand with your back to the wall. Let your head and heels just touch the wall.

“Hold your head so that you can see the ceiling in front of you. Keep your back and heels against the wall.

“Draw your chin in, and look straight ahead. Now walk straight ahead. Hold straight. Stop! You are standing straight.”

All the children marched straight, while Miss Ford said the old rhyme:

“The grand old Duke of York,

He had ten thousand men;

He marched them up a very high hill,

And marched them down again.’ ”



EXERCISE FOR HEALTH

Jerry said to Miss Ford, "At home I like to walk on my toes. I like to walk on my toes along a crack. It is hard to do. My father says that exercise makes the muscles strong."

"Yes, Jerry," Miss Ford said. "Exercise makes the muscles strong. Exercise helps us to have good posture."



“Exercise gives us a good appetite. Playing games is very good exercise.”

“I am going to play games every day so that I will grow strong,” Jerry said.

“We usually get exercise in games,” Miss Ford said, “but sometimes we take special exercises together in the classroom or the gymnasium.”



Bob and Jerry made a study of shoes and feet. They got an exhibit of healthful shoes from a shoe store. This is what Bob wrote about shoes:

“The front part of the shoe should be just as broad as the foot. The heel should be low. Low heels are comfortable and healthful.

“The line of the shoe from the big toe to the inside of the heel should be straight. The shoe should be long enough. It should fit well around the ankle.”

Things to Do

1. Collect pictures of good posture. Put them on the wall or in a booklet.
2. Get some pictures of boys and girls. Put the pictures in two groups: (a) good posture; (b) poor posture.
3. Find out if your chair and desk are the right height.
4. Take off one shoe. Place a paper under your foot. Move a pencil around your foot, making an outline of your foot on the paper. Compare the outline with your shoe.
5. Look at a baby's foot, if you can, and tell about its shape.

Teach Yourself

how to sit and stand straight.

how to walk straight.

how to choose well-fitting shoes.



SUNLIGHT FOR HEALTH

A boy asked, "What would happen if we turned out the sun?" Without the sun, plants could not grow; animals and people could not live. We are glad that no one can turn out the sun.

The sun gives us our light, our heat, our food, our health. Think how we can get more sunlight into our homes.



SUNLIGHT AND EYES

Frank and Jack studied sunlight and eyes. Frank made a report to the class on using light:

“Good light is needed for reading, writing, and drawing. When you read at home, sit near a window. A schoolroom should have large high windows on one side.

“Place your desk so that the light falls over your shoulder. Hold your book so that the light falls on the page without a shadow. If you hold your book up, you will find it easier to sit straight.

“Do not read or work with bright sunshine on your desk. Draw the shade part way to keep the bright sunshine off your desk.

“When you write, see that you have good light on your paper. If your desk is movable, place it carefully for writing. If you write with your right hand, let the light come from the left. If you write with your left hand, let the light come from the right. Then the shadows made by your hand and the pencil will not bother you.”



Jack made a color chart to show the class. He said, "Do you know that sunlight has colors in it? Late in the afternoon turn on the hose, and shoot a spray of water into the air. You will see a rainbow in the spray.

"See the colors in the rainbow that are shown on my chart: red, orange, yellow, green, blue, violet."

SUNLIGHT AND GROWTH

Trudy and Mary studied sunlight and growth. Trudy made a report:

“Put a potato in a dark hole or cellar. It sends out long, pale shoots. They are easy to break. Plant one outside and see the strong green leaves. Plants cannot grow well without sunlight.

“Children, too, need sunlight for growth. They get pale without it. They do not grow well without it.

“Sunlight is needed for bone growth. Lack of sunlight may cause the bones to become weak. It may help to cause bowlegs, knock-knees, a square head, and a crooked back.

“Sun baths are good for children and for animals, too. See that you and your pets get sun baths regularly.”



Mary told the class a story about baby chicks:

“Chicks one week old were put into four pens. All had the same food. The chicks in group 1 were free to run outdoors in the sunlight. All the others were kept inside. Group 2 had light baths every day.

“Group 3 had cod-liver oil extra. Group 4 had nothing but food.

“Groups 1, 2, and 3 grew best. In nine weeks these chicks were almost twice as big as the chicks in group 4.”

Things to Do

1. Plant some potatoes in a dark, warm place. Look at the leaves and leaf stems. Are they green?
2. Fill a glass with clear water. Set it on a table in a ray of sunshine. Place it so that the edge of the glass goes beyond the table a little. Look for a rainbow on the floor.
3. Place a plant by a sunny window. See if it grows toward the sun.

Things to Talk About

1. Tell how you may get used to sunlight without getting sunburned.
2. Tell how to get good light for reading.
3. The growth rays of sunlight will not pass through window glass. Tell how to get these light rays in winter.



FRESH AIR FOR HEALTH

Fresh air is very important for our bodies. All living things use air in some way. Good air and good health go everywhere together.

We need fresh air in our homes. In the winter, air indoors should be heated and moistened. Tell how fresh air is heated in your home.



FRESH AIR

“Is air everywhere?” Trudy asked.

Miss Ford said, “Air is all about us. It fills the rooms in our houses. It fills the great spaces outdoors. It makes a great, soft blanket around the earth, over a hundred miles deep.

“Air holds up kites and balloons. It helps hold up the great airplanes. It

bends the trees and grasses when it moves as wind. It drives the clouds across the sky.”

“What is fresh air?” Trudy asked.

“Fresh air is clean air. It is free from dust, smoke, and odor. It has not been breathed. Animals and people need fresh air. Animals and people take air into their lungs. They breathe out warm, used air. If the air in a small, closed room is breathed again and again, it becomes warm and unpleasant.

“Air is like food. It helps the body to grow. No one would like to eat dirty food. No one should breathe dirty air.

“Try to keep bad air out of your body. Breathe air that is free from dust, smoke, and odor.”



“In the summer,” Trudy said, “we open wide all the windows in our house. We let the outdoors come in. The

sunshine falls on the floor. Sometimes the wind blows in perfume of flowers. The house smells sweet.

“In the winter we cannot open the windows wide. The cold wind would make the house too cool.”

“Even in winter you should open your windows sometimes,” Miss Ford said. “If two windows are open a little, the air in the room will soon be fresh. Some people open their windows a little at the top and at the bottom.”

“How does fresh air come into our schoolroom?” asked Frank. “The windows are not open at all today.”

“Our schoolroom has air pipes in the walls. The pipes for fresh air open near the ceiling. The pipes for stale air open near the floor.”

WARM, MOIST AIR

"The air in our schoolroom is neither too warm nor too cool," Miss Ford said. "The thermometer reads 70 degrees. How is the air heated?"

"I know," Frank said. "Coal is burned in the big furnace."

"The furnace in our house burns gas," said Trudy.

"The furnace in our house burns oil," said Mary.

"Our fireplace burns wood," said Bob.

"It is important that air indoors be moist like outdoor air," Miss Ford said. "In winter heated air may become very dry. Hot, dry air hurts the throat. Our school has a humidifier which keeps the air moist."



The children went with Miss Ford to see the humidifier in the basement.

“The word humid means moist,” Miss Ford said. “Fresh air is heated by the furnace, made humid by the humidifier, and blown into the rooms by the fan. If necessary at home you can heat water on the stove. The steam will moisten the air.”

"I have cool, moist air in my room at night," Mary said. "I like to sleep with my windows partly open. Sometimes snow falls on my bed."

"If too much snow came in, you might turn into a snow man," Trudy said. "I open my windows just a little in cold weather. Then I cover myself with warm blankets."

"When you open your bedroom windows," Miss Ford said, "open your closet doors, too. Let the fresh air and sunshine come in. They will help to keep your clothes fresh. Hang your clothes outdoors in the sunshine often."

"If clothes are left in dark closets, trunks, and boxes, molds may grow on them. If soiled clothes are put away in closets, moths may eat holes in them."



“What are molds?” asked Bob.

“I can tell,” Trudy said. “Put a piece of fresh bread in a dark, damp place. In a few days a tiny gray, yellow, or green plant appears on the bread. The bread is spoiled. The plant is one of the molds. It grows without sunshine. Keep your food in covered dishes or well-aired coolers.”

Things to Do

1. Look at the thermometer in your schoolroom every hour. Make a record of your readings.
2. Clip pictures from papers showing ways to heat and cool homes.
3. Count the number of times you breathe a minute: (a) while you are sitting down; (b) when you stand; (c) after running twenty steps.

Talk Over in Class

why it is better to breathe through your nose.

why we get more fresh air into the lungs when we run than when we sit.

how to keep the temperature at about 70 degrees in winter.

ways to keep cool in hot weather.

ways to keep clothes fresh and clean.



NEATNESS AND GOOD ORDER

Mr. Fussbutton cannot find anything. His desk and his house are out of order. His clothes are not neat. Some of his buttons are off. He cannot get to work on time.

Do not be like Mr. Fussbutton. Keep your room and yourself in order. Look in the mirror every morning.



EARLY RISERS

“We are off to school, Mother,” Frank said. “We want to reach school on time every morning.”

“Frank and Trudy are like the California quail,” Miss Ford said to the children. “Have you ever heard a quail under your window at sunrise? There he is, already up, neatly dressed.

“He wears a brown feather coat, with a black “scarf” around his neck. He is the California quail. He calls something that sounds like, ‘Get right up! Get right up!’

“The California quail was chosen as the state bird by votes of California school children. They liked other birds, too. The wren, the flicker, the oriole, and other birds received many votes. But the quail had forty thousand votes more than any other bird.

“The California quail has a cheerful call in the morning. His dress is neat. The quail is lively and friendly.”

“Frank and Trudy are lively and friendly,” Mary said.

“And they reach school on time every morning,” Miss Ford said.



TO BEGIN THE DAY

Trudy wrote a story called, "How We Begin the Day." She said:

"Frank and I like to be ready for breakfast on time. To be ready means we have clean faces and hands, well-combed hair, clean teeth, and clean clothes. Mother says that nightgowns and pajamas do not belong at the breakfast table.



“After breakfast Frank and I help to make the house neat and clean. I like to help wash the dishes and pans. I make my own bed and hang up my night clothes.

“Frank cleans his room and feeds the pets. We like to surprise mother by doing something extra. Sometimes we clean the bathroom or the porch.”



READY FOR WORK

“It is well to inspect yourself in the mirror every morning,” Miss Ford said.

“What questions should you ask yourself before coming to school?”

The boys of the class made this list of questions:

1. Is my hair combed neatly?
2. Are my hands and face clean?
3. Are my teeth clean?
4. Are my ears clean?
5. Are my fingernails clean?
6. Are my shoes shined?
7. Am I cheerful?

The girls made this list:

1. Are my face and ears clean?
2. Are my teeth clean?
3. Does my hair look neat?
4. Are my hands and nails clean?
5. Is my dress neat and clean?
6. Are my shoes and socks clean?
7. Do I look happy?

“Let us inspect our school,” Miss Ford said. “What questions shall we ask ourselves about our schoolroom?”

The children made this list of questions to use for inspecting desks:

1. Is my desk clean?
2. Is it free from marks and scratches?
3. Is it free from dust inside?
4. Is it free from trash inside?
5. Are my books in good order?

This list of questions was made to use for inspecting the room:

1. Is the floor free from bits of paper?
2. Is the floor free from mud and sand?
3. Is the bookcase in order?
4. Is the reading table in order?
5. Is the blackboard clean?
6. Does the air smell fresh?
7. Is the thermometer at 70 degrees?

Things to Do

1. Let the boys and girls of the class bring snapshots of themselves. Put the neat ones on the bulletin board.
2. Clip pictures of neat-looking boys and girls from magazines and paste them into a booklet.
3. Keep a record one day of the things you do to make your school neat.
4. Make posters or write slogans that will help to keep the school grounds neat and clean.

Teach Yourself

to check yourself before a mirror every morning.

to keep your teeth clean.

to take good care of your books.

to keep your desk clean.

to brush your shoes every day.



HEALTH AND SAFETY

Many boys and girls are hurt every year by automobiles. Some are hurt in other kinds of accidents. Most accidents need not take place.

There are many ways to stop accidents. Make a map of your road to school. Mark the danger spots. Talk to police officers about safety.



A SAFETY BOOK

The children of Miss Ford's room made a safety book. Trudy and Bob were the editors. All the boys and girls helped to write the book.

Miss Ford took pictures with her camera, to show ways to keep safe. The pictures were put into the book.

The book had four parts:

1. Safety in Riding
2. Safety in Walking
3. Safety in Working
4. Safety in City and Country



1. SAFETY IN RIDING

Riding a bicycle is good sport. You can ride safely on a bicycle. A good rider keeps about five feet from the edge of the road. He rides on the right-hand side of the road.

A good bicycle rider will make a good car driver. He makes the right signs. These are used in our town:

1. Left arm out straight means a left turn.
2. Left forearm pointing up means a right turn.



3. Left arm out and pointing down means a stop.

Good riders keep their bicycles in fine shape. They never ride on gravel roads. They never ride on slippery streets. They never race at high speed.

They know that automobiles, trucks, and streetcars are bigger than bicycles. They stay away from busy streets. They ride their bicycles straight and do not wobble. They do not hit things.

Good riders watch the road ahead at all times. They do not cut corners.



2. SAFETY IN WALKING

Bicycle riders in our town should ride in the street, not on the sidewalk. The sidewalk is for people who walk.

If you are walking in a crowd, keep on the right side of the walk. Avoid bumping or pushing anyone.

When you cross a street, wait for the signal. Look both ways before crossing.



3. SAFETY IN WORKING

Many children are hurt because they are careless. They get hurt when they hurry too much. They get hurt when they are tired. They get hurt when they are angry. They get hurt when they are not thinking about their work.

These are good slogans for workers:
Take Your Time—Keep Cool—Be Careful



4. SAFETY IN CITY AND COUNTRY

Both city and country have dangers. Boys and girls should know these dangers. City children are hurt often by falls, cars, and fire. Country children are hurt often by animals, machines, falls, and cars.

All children should be careful in climbing. If you climb trees, be sure that the branches are strong and sturdy. If you climb on ladders, chairs, or boxes, be sure that they are strong.

Follow this slogan: *Safety First.*

Things to Do

1. Make some safety posters for your school building. Use some of these slogans:

Take Your Time

Be Polite

Watch Your Step

Keep Cool

Safety First

Go Slowly

2. The next time you hurt yourself try to find out why. Were you angry? In a hurry? Tired? Careless?

Things to Talk About

1. What to say when you are dared to do something risky.
2. What to do when you see someone taking risks. Suppose the person is younger than you; older than you.
3. What to do when you get a cut; a burn.
4. How to use a swing safely.



WORK AND HEALTH

Mr. Merryman has many friends. He seems to play most of the time. Really, he likes all the things he has to do. So work is play to this man.

Work helps to keep you healthy. Work may be fun. Make a list of all the kinds of work you like to do. Try to be like Mr. Merryman.



WORK MAY BE PLAY

“What kinds of work do you like?”

Miss Ford asked.

“I like to work in the garden,” Frank said. “Trudy and I rake the leaves in the fall. We pull weeds and water the flowers in summer. We clip off dead flowers and twigs. Work in the garden is play for me.”



“I like to wash and dry the dishes,”
Trudy said. “It is fun to make the
glasses sparkle and the silver shine.”



POWER FOR WORK

Work takes power. A car has power. It comes from the motor and the gasoline in the tank. Gasoline is mixed with air in the motor. When the mixtures of gasoline and air are touched by electric sparks, they explode and make the motor run.

Power in the body comes from the food we eat and drink.



The faster a car goes, the more gasoline and air it uses. The more hours a car goes, the more gasoline and air it uses. The bigger the load a car carries, the more gasoline and air it uses. When the motor of a car is not running, it does not use gasoline.

The faster the body works, the more food, water, and air it uses. The longer and harder it works, the more food, water, and air it uses.

When the body rests, it does not use so much food, water, and air.



When the motor has used most of the gasoline in your car, you go to the service station for more.

The body tells you when you have used up much of the power in your muscles. You get tired and hungry. Food and rest give fresh power.

Some of the best foods to give your body power are fruits, vegetables, meat, and milk.

Things to Do

1. Find pictures of children doing useful work, and put these on the bulletin board or in a scrapbook.
2. Make two posters, one listing work that boys like to do, and the other listing work that girls like to do.

Things to Talk About

1. Tell how to save body power for useful work and for play. Boys and girls sometimes tire themselves by getting angry, afraid, worried, excited, or noisy. What useless things have you seen children do?
2. Tell how to get body power by eating good foods at the right time.
3. Tell how to help with work at home and school to save others from being too tired.



CLOTHING AND HEALTH

Animals have warm coats of fur, hair, or wool. Birds have beautiful coats of feathers. Sea animals are protected by scales and shells.

Our skin is soft and smooth. It is not protected by fur, wool, feathers, down, scales, or shells. Clothing protects our skin.



CLOTHES FOR MANY LANDS

People live in hot lands, in wet lands, and in dry lands. They live in cold lands, where there is no sunshine for many months.

In cold lands warm clothing is made of the skins of animals. The wool of sheep may be used. In hot lands cool clothing is made of threads from plants.



CLOTHES OF OTHER DAYS

People in this country once wore very fancy clothes. This is the way a Boston printer dressed 150 years ago.

He wore a pea-green coat, white vest, silk breeches, white silk stockings, and pumps, fastened with huge silver buckles. His breeches were tied at the knees with bows of ribbon.

Young John Livingston went from New York to a school in New England 100 years ago. He took these clothes:

1 pair plush breeches	11 new shirts
1 pair wool breeches	1 pair shoes
4 pairs laced sleeves	5 pairs gloves
4 striped waistcoats	1 stuff coat
1 flowered waistcoat	1 cloth coat
2 pairs blue stockings	8 plain cravats
1 pair red stockings	2 gray hats

These were some of the clothes worn by young Mary Lewis, who lived in America 160 years ago:

1 cap, ruffle, and tucker	1 mask
2 pairs calf shoes	1 girdle
1 pair silk shoes	1 hoop coat
4 pairs Spanish shoes	1 mantua
8 pairs kid gloves	1 necklace
2 pairs colored gloves	1 fan



CLOTHES FOR WORK AND PLAY

The children in the third grade read a story about the fussy clothes worn in the early days of America. All the children laughed. Trudy said, "I am glad that children today wear sensible clothes."

"What are sensible clothes for boys and girls?" asked Miss Ford.

The children told the kinds of clothes they liked to wear. Miss Ford wrote some of the ideas on the blackboard:

“Good clothes are light in weight. They give us freedom to work and play. Yet they are strong enough to stand hard wear.

“Good clothes fit well and feel right. They are neither too tight nor too large.

“Good clothes for children are simple and plain. We can put them on and take them off quickly.

“Good clothes fit the weather. In summer clothes are loose and cool.

“On cool days we wear light coats or sweaters. On rainy days we use raincoats or capes; we wear rubbers or waterproof shoes.



“In very cold weather we wear warm clothes outdoors. We take off coats and caps when we come indoors.

“Winter clothes protect the whole body. Heads, legs, and arms are covered. It is silly to overheat some parts of the body and chill others.

“Wool coats are good for winter play. They are warm and light.”



Miss Ford said, "You have forgotten one important point. Clothes should be neat and clean.

"Some people make a living caring for clothes. They learn to mend, sew on buttons, clean, and press.

"We should hang clothes in well-aired closets. We should fold clothes neatly when we put them in drawers."

Things to Do

1. Find out all you can about clothes:
 - a. worn long ago.
 - b. worn by Indian children.
 - c. worn by Eskimo children.
 - d. worn by Mexican children.
2. Collect samples showing kinds of materials for clothing, such as wool, silk, cotton, leather, straw.

Things to Talk About

1. The best kinds of clothing for work, play, school, snow, rain, warm days.
2. Clothes that are too tight, too big, too warm, too cool, too rough.

Teach Yourself

to brush clothes and shine shoes.

to fold clothes and put them away.

to take off rubbers, coats, and hats when you come indoors.



USE AND MISUSE OF ALCOHOL

Fire may heat your home in winter. It may also burn your home. So alcohol may help you or harm you. It may work for you or against you.

Alcohol helps to make paint, varnish, and ink. It keeps car radiators from freezing in the winter. But inside the body, alcohol is harmful.

YEAST PLANTS AND ALCOHOL

Miss Ford told the children about alcohol: "Fruit juices, if left in the open air, spoil. Then the juice has a sour smell and a biting taste. The sour smell and the biting taste are partly due to alcohol. The alcohol is made by yeast plants."

The children watched yeast make alcohol. They put a little sugar into a jar of water. Then they added a half cake of yeast and stirred. In a day or two bubbles rose in the jar.



“Look!” Frank said. “The water seems to be boiling.”

All the boys and girls watched the water bubble. A day or two later the bubbles had stopped.

“What is in the jar now?” Frank asked.

“Put a drop on your finger and taste it,” Miss Ford said.

“Oh! It’s biting!” Frank said.

“Yes,” Miss Ford said. “Alcohol makes the water biting. The yeast plants and sugar have made alcohol.

“Alcohol in some forms is poisonous. In some forms it is useful. It is used in paints and dyes and as a cleaner.

“Alcohol is not easy to freeze. It is put in car radiators to keep them from freezing.



“Alcohol burns. It is burned in lamps and stoves. It is used also in shoe polish, ink, paint, and varnish.”

“What is a poison?” Trudy asked.

“A poison is anything taken into the body which will cause sickness or death. In a medicine cabinet any bottle that contains poison should be marked with a red label or a skull and crossbones.

“Beers and wines contain some alcohol. Children should not use these drinks. Drink fresh fruit juice and milk.”



ALCOHOL AND GROWTH

The children used a test to show that alcohol will not help plants grow. They filled three pots with earth. In each pot they planted two bean seeds. Soon two little plants grew in each pot.

In two of the pots the children put water every day. In one pot they put alcohol instead of water. The plants that were fed alcohol died.

“Children are like plants in some ways,” Miss Ford said. “They need food and water for growth.”



The boys and girls made an exhibit of good foods and drinks for growth. They brought fresh fruit and vegetables from home. From the school dining room they got meat, eggs, bread, butter, cereal, milk, and water.

“Is alcohol a food?” Mary asked.

“Oh, no!” Frank said. “Pure alcohol is not a food. Pure alcohol is poison. My father says that boys and girls who want to be healthy should not put alcohol in their stomachs. They should drink milk, water, and fruit juice.”

Things to Do

1. Make a list of useful things made with alcohol. Can you think of any good use of alcohol not named on page 71?
2. Make a list of good drinks for boys and girls. How many kinds of fruit juice can you name?

Answer, Please

1. What happened to the bean plants that were given alcohol instead of water? How do plants drink water? How do plants get food? In what ways are boys and girls like growing plants?
2. Where does the yeast which spoils fruit come from?
3. How should bottles and packages of poison be marked?



THE SKIN AND THE HAIR

Your body is covered by a large surface of skin. Your head is padded with thousands of hairs.

Compare your arms with the arms of other boys and girls. See the different kinds of skin. Match strands of hair. See the different colors and sizes of hair. Our skin and hair vary.

GOOD LOOKS

The skin is like silk. It is like a great silk robe, covering the whole body. Lines run over it like fine threads. It is like rubber. It can be stretched. It is very soft. The feel has been called "silken" or "velvet."

The skin has color. The rose color comes from the blood which flows near the surface. "Roses" show in the cheeks of healthy persons.

Good food, outdoor exercise, a clean skin, and plenty of rest and sleep make "roses bloom in the cheeks."

Beautiful skin and hair make for good looks. These good looks may be had by almost any boy or girl who will take the right care of the skin and hair. The time to begin is now.



A person with dark skin usually has dark eyes and hair. A person with fair skin usually has blue or gray eyes and light hair.

If you will play in the sunshine often, your color will become darker. Sunshine may give you “a coat of tan.”

Bathing helps to make the skin soft and rosy. Clean skin aids good looks.

HALF CLEAN

Tom came to school one morning tired and hot. He had run all the way. Miss Ford looked at him. Then she laughed.

She said, "Tom, go to the lavatory. Fill the bowl with clean, warm water. Wash half your face with soap and this soft cloth. Wash half your forehead, half your nose, and one cheek. Wash the same side again well, using clean, fresh water. Then dry the parts you have washed, and look in the mirror."

Soon Tom came back to the room, laughing. He said, "I look like a clown. My face is half light and half dark."

Miss Ford said, "Now, Tom, wash the rest of your face, neck, and ears. Work long enough to do a good job."

Tom went to the lavatory. When he came back, his face was clean.

“I feel better now,” he said. “I slept late this morning. I did not have time to wash my face. I did not have time to eat breakfast. I ran all the way to school.”

Miss Ford said, “Go to bed early, Tom. Open the window in your room and put up the shade. Let the sunshine wake you early in the morning. Take time to wash your face and hands, brush your teeth, and comb your hair. Take time to eat a good breakfast.”

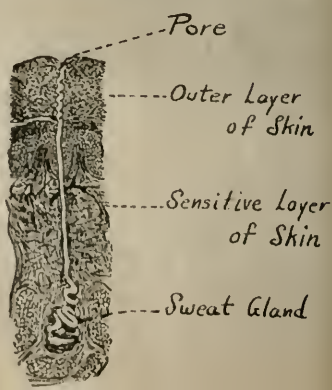
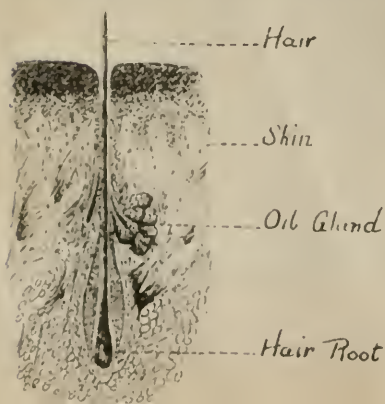
Miss Ford sent Tom to the lunchroom with a note to the manager. The note said, “Tom has had no breakfast. Please give him a glass of milk, an orange, and a slice of buttered toast.”

SKIN AND HEALTH

The skin protects your flesh from heat and cold. It protects your flesh from briars, grass, and rough clothes.

In the skin are tiny openings so small that you cannot see them without a glass. They open from sweat glands. When you get warm, sweat comes out of these little pores. The water in the sweat goes into the air. The body becomes cooler.

Unless the skin is bathed often, the pores may get stopped up. Then they cannot pour out sweat to cool the body.





Hair grows from small bodies in the skin. At the root of each hair is a tiny oil gland. The oil keeps the hair soft.

Most people wash their hair about once a week or oftener if necessary. To clean the hair, wash it two or three times with soap and warm water. Then wash it with clear water. Dry the hair in the sunshine, if possible.



A clear, soft skin is a sign of good health. Children with clear, soft skin are those who get proper rest, keep clean, and eat the right food.

Good foods for the skin are good foods for health. They are fruits, green vegetables, cereals, and milk.

You may find a food that makes you sick. Some foods cause the skin to break out in red bumps that itch. These are called hives. If you are wise, you will stop eating the food that gives you hives.



Waste foods go into the lower intestine. Waste water goes into the bladder. If you want good health, you must get rid of these wastes.

It is best to get rid of wastes at regular times. But you should go to the toilet whenever you feel the need. Be sure to go to the toilet before going to bed.



ANIMALS THAT BATHE

Many animals like to bathe. Bathing helps some animals to keep their skin and hair healthy.

Seals climb on the rocks. Then they slide off into the water. Great elephants like to wade in warm rivers.

Cats wash their fur. Birds splash in pools. Little ducks swim for hours.

Things to Do

1. Wash half of your face well with a soft cloth, soap, and water. Look in the mirror. Then wash the other half in the same way. Do you look better?
2. Time yourself. How long does it take you to wash your face and hands until they are really clean? How long does it take you to bathe well? How long does it take you to comb and brush your hair well? How long does it take you to wash and dry your hair?

Answer, Please

1. How does sweat cool the body?
2. Why should sweat be washed away?
3. How should the hair be washed?
4. What gives the skin its rose color?



VOICE AND SPEECH

“What did you say? I cannot understand you,” a mother says, as she tries to talk with her son over the telephone.

Much time is wasted because people do not speak clearly. Good speakers speak clearly and pleasantly. They say what they mean.



LEARNING TO TALK

Many animals have voices, but they cannot say words. A mouse can squeak; a pig can grunt; a bird can sing; a lion can roar; a duck can quack.

Animals show how they feel by the noises they make. The kitten hisses when it is afraid or angry. It mews when hungry. It purrs when happy.



A tiny baby can cry. It has a voice.
A baby must learn to speak words.

Babies may speak their first words
when they are about ten months old.
By the time they are a year and a half
old, they speak many words.

Babies learn to talk by hearing
others talk. They say words after
others.



Some persons use baby talk when they speak to babies. Children who hear baby talk learn to use baby talk.

You “catch” bad speech from others somewhat as you catch a cold. If you hear only good speech, you will probably speak well.

Try to listen to good speech. Try to speak well when you talk to others.



HOW WE TALK

When musicians wish to broadcast, they go to a studio. One may pluck the strings of a guitar. Another may strike piano keys. The strings vibrate.

The sound waves reach the eardrums of the listeners in the room. When the microphone is used, the music is broadcast by radio to distant places.

Sounds are made by air passing the vocal cords in the throat. These cords vibrate and make sound waves. Words are formed by the tongue, cheeks, mouth, teeth, and lips.

Many persons make a living by use of voice and speech. Some of these are singers, actors, and speakers.

Speakers and singers often work on the stage before an audience. Some work only in broadcasting studios. Sometimes the sound waves are recorded. The song or story may then be heard hundreds of times.

Speakers and singers take good care of their throats. They avoid breathing dust, gas, and smoke. They avoid yelling. They do not use their voices if they are hoarse.



TRAINING THE VOICE

Long ago it was said that “boys and girls should be seen and not heard.” They were told not to speak often.

Now it is thought that boys and girls should be heard. They should use their voices in good speech. Many people have enjoyed hearing the “Quiz Kids” over the radio.

Gerard was one of the youngest children to become a "Quiz Kid." He was chosen because he knew much about birds and because he could speak well.

A child who wishes to speak well must train his voice. The muscles used in running, jumping, and working need to be trained. The muscles used in speech need training, too. They are the muscles of the throat, the cheeks, the lips, and the tongue. These muscles must have good care.

To say "good morning" in a cheerful tone is voice training. The use of the voice in pleasant talk is good training.

To read aloud is good voice training. Read aloud every day. Try to read so that others will like to listen.



Singing is good voice training. Sing a little every day. It is well to sing in a soft tone. Sing cheerful songs that you like.

Sick persons often have slow, weak voices. Healthy persons often have voices full of joy and fun.

Rest, good food, sunshine, and happy play all help you to have a good voice.

Answer, Please

1. Can any of the lower animals speak?
2. What are some of the sounds formed by the lips?
3. What are some of the sounds formed by the tongue and mouth?
4. How does a tired voice sound?
5. How does a hoarse voice sound?
6. Is a soft voice pleasant to hear?
7. How does rest help the voice?

Teach Yourself

to sing in a soft tone.

to read aloud in a pleasing way.

to think what you want to say before speaking.

to speak clearly but not loudly.

to take a short breath before speaking.

to rest when your voice sounds dull or tired.



THE TEETH AND GOOD HEALTH

Good teeth are keys to health. They grind food for the stomach to use.

In a busy restaurant a man watched a boy eating his food without chewing it. The man asked, "Are your teeth in your stomach?"

The boy laughed, showing his fine teeth. Now the boy chews his food.

HOW TEETH GROW

Children have no teeth when they are born. When a baby is about six or eight months old, two teeth come into its lower jaw. A little later two teeth grow above them in the upper jaw.

By the time a child is about three years old, he has twenty teeth. No more teeth grow until about the sixth year. Then four broad teeth come in, two in each jaw, just back of the first teeth.

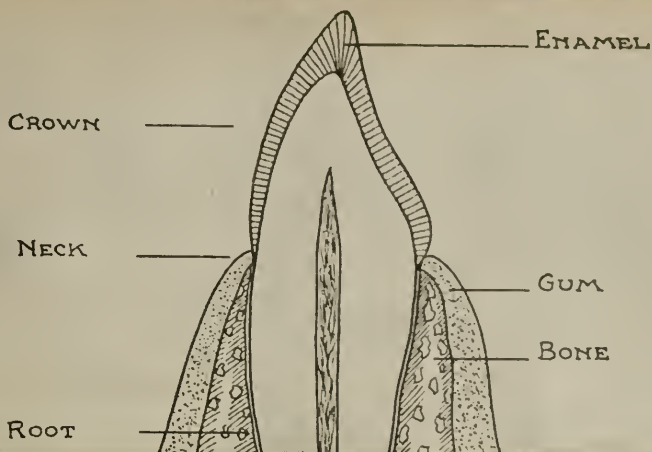
If these "six-year teeth" are lost, no more teeth grow to take their places.





The first teeth usually begin to come out between the ages of six and seven. New teeth grow in their places. By the time you are about fourteen years old, all your first teeth will be gone, and new teeth will have come in.

Four more teeth will grow when you are about eighteen. Then later you may have four more teeth.



FOOD FOR TEETH

If you will look carefully at a tooth, you will see that it is very hard. It is harder than bone. Yet it has been built of the food you have eaten.

If you want good teeth, you must eat good food and drink good drinks. Feed your teeth carefully when you are between the ages of six and fourteen.

Teeth grow from within. Good food helps your teeth to grow strong. It helps to keep them hard and solid. Good teeth do not ache.



Foods for the teeth are found in milk, eggs, and butter. They are found in many vegetables, such as lettuce, cabbage, tomatoes, and onions. They are found also in fruits, such as apples, oranges, pears, and peaches.

CARING FOR TEETH

"My father has a toothache," Jerry said. "I do not want a toothache."

"No one wants a toothache," Miss Ford said. "No one wants rough, broken, or dirty teeth. Trudy and Frank have good teeth. Maybe Trudy will tell us how to take care of teeth."

Trudy said, "It pays to take care of your teeth. They help to keep you in good health. They help you to talk plainly. They help your smile."

"Frank and I go to our dentist two or three times a year. His name is Dr. Barrett. He watches our first teeth. If a tooth has a cavity, he fills it. If a first tooth does not come out when it should, he pulls it out. He keeps our teeth almost as good as new."

“Dr. Barrett tells us what tooth powder or paste to use in cleaning our teeth. We brush our teeth when we get up and after every meal.

“Dr. Barrett says there are two ways by which teeth may be broken down. One is from within, by lack of good foods. The other is from without, by blows, falls, or dirt.

“If you bite anything hard, it may break the outside shell of a tooth. The tooth will then decay. Teeth may be broken by biting metal and wood, by trying to crack nuts, and by chewing hard candy.

“Frank and I do not use our teeth to open packages, take out corks, or crack nuts. We do not chew pencils, hard candies, or nails.”

Things to Do

1. Make a day's menu. Tell what to eat for breakfast, luncheon, and dinner. In each meal use some foods that are good for teeth.
2. Tell what pets you have at school and at home. What foods do they need to make their teeth strong? Be sure they get these foods.
3. Make some posters that will teach people how to care for their teeth.

Answer, Please

1. Have you ever broken a tooth?
2. How often do you go to the dentist?
3. What foods good for the teeth do you eat every day?
4. What drinks good for the teeth do you take every day?
5. How often do you brush your teeth?



HANDS AND GOOD HEALTH

A magician makes you think that he puts a cherry into his mouth, and takes it out of his ear. His hands are quick.

A musician plays the piano so that you hear many notes at the same time. A musician's hands are very skillful.

A doctor takes a tiny speck of dust out of your eye. His hands are very sure.



YOUR OWN HANDS

Your hands can help you to dress,
climb, build, paint, and write.



You will want to study your hands. The middle finger is the longest. The “index” finger is so called because it is used in pointing. The thumb is set so that you can hold things between it and the fingers.

On the end of each finger is a small hard plate, known as the nail. The nail protects the end of the finger. It helps you to pick up small things.

RIGHT AND LEFT HANDS

Miss Ford asked the class, "How many washed your hands today?"

All but one boy raised his right hand. This boy raised his left hand. He was left-handed.

"In every school a few children are left-handed," Miss Ford said. "Those children are usually more skillful with the left hand. What things do you do with two hands?"

Bob said, "I model with clay, write on the typewriter, play the piano."

"What do you do with one hand?"

Frank said, "With one hand I write, cut, draw, paint, saw, hammer."

Miss Ford said, "If you are right-handed, use the right hand for this work. If left-handed, use the left.



“Use the more skillful hand to write, draw, sew, and hammer. Do not try to learn to use both hands for such work.



“You can train your hands to do what you want them to do. Some children play well on the piano, violin, harp, or flute. Others are skillful in playing tennis, baseball, or basketball. Others can sew, knit, draw, or paint.

“Train your hands day by day. Do a little light work first, then more, until the muscles are strong.”

HOW TO CARE FOR THE HANDS

"Hands are valuable," Miss Ford said. "Many magicians, musicians, and doctors have their hands insured. How can you take care of your hands?"

The girls made a chart called *Care of Hands*:

"Wash your hands before each meal and at other times when they need it. Use soap and warm water.

"Clean your fingernails with a soft brush. To push the skin back from the nail, use a small orange stick around which a bit of cotton has been wrapped.

"Trim your fingernails often. Keep them a little shorter than the fingers.

"Do not bite your fingernails. It makes them look ugly. When nails are long, they may be filed or cut."

The boys made up some rules about
Safety for Hands:

“Be careful in using knives and hatchets. Never cut toward yourself.

“Watch your work carefully when you are using a saw or other tools.

“Do not play with broken glass. Never throw old electric light bulbs or bottles.

“Stay away from firecrackers. They can tear off good fingers and burn strong hands.

“Wear gloves or mittens in cold weather. Fingers may be nipped by frost. Frosty iron may hurt the fingers.

“When you get tired, it is time to be very careful. Then you may hurt yourself. Stop working and rest.



“If you get a small cut or scratch, be sure to give it first aid at once. First, wash the place with alcohol. Then, apply iodine to keep germs in the wound from growing.

“Next, put a dressing over the wound. The dressing should be a soft cloth which is absolutely clean. The dressing may be held in place with a bandage.”

Things to Do

1. Some persons are right-handed and others are left-handed. Test yourself to see which hand you use better. Place the object exactly in front of you before you begin.
 - a. Bounce a ball.
 - b. Play tiddlywinks.
 - c. Toss a beanbag into a basket.
 - d. Point with a ruler or pointer.
 - e. Stop a spinning top.
 - f. Pick up a thread from the floor.
2. Find pictures of people using their hands in interesting ways.

Answer, Please

1. How can we keep our hands safe?
2. Why should a wound be covered?
3. How do you care for your finger-nails?



THE HEALTH OF THE EYES

A motion picture camera may be able to take a thousand pictures a minute. Your eyes are like cameras. They “take” many pictures each day.

You see plants, animals, and people. You see them in color and motion. The pictures are bright and clear when the light is strong.

EYE PICTURES

The third-grade children went to the zoo with Miss Ford. As they rode home in the bus, each one told about an animal he had seen at the zoo.

Bob said, "It was fun to see the elephants pick up hay in their trunks and brush their backs."

Betty said, "The big brown mother bear took very good care of her cubs."

Jerry said, "The giraffe had the longest neck I ever saw. He could almost pull down an airplane."

Tom said, "It was fun to see the lions fed. How they did jump and roar!"

Trudy said, "The tiger has beautiful stripes. His paws are soft like a cat's paws, but I would not want him for a pet!"



“We have many zoo pictures in our heads,” Miss Ford said. “We can look at them any time we wish. What cameras did we use to take these pictures?”

“Our eyes,” Jerry said quickly.

“Yes,” Miss Ford said, “and no other cameras ever made are so wonderful and valuable.

“If you want to take a picture with a camera, you hold it in front of the object. You can ‘take a picture’ with the eyes by turning them toward the object.

“Hold your head still. Look at the ceiling of the bus, then at the floor. Look out the windows at your right. Look out the windows at your left.

“You cannot see your own eyes move, even in a mirror. But you can see other eyes move. Watch Frank’s eyes.”

Frank faced the group. He looked up and down, right and left. The children watched his eyes move. They noticed how his eyes moved together.

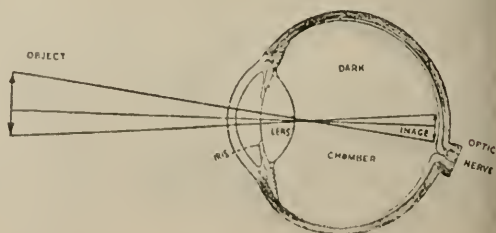
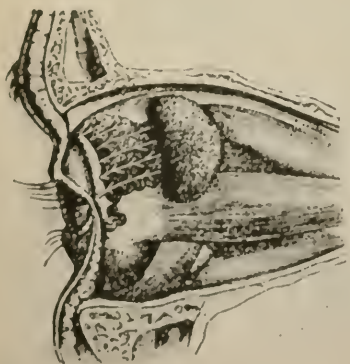
“The muscles of your eyes are very helpful,” Miss Ford said. “Eyes that move rapidly are most useful.”

KEEN EYES

Look at the eyes of a child or an animal. The eyes are set into openings in the front part of the skull. You can feel the strong bones around them.

The bones protect the eyes from blows. The lids and lashes help to protect the eyes from dust and dirt.

The eyes are shaped like eggs. Notice the circle of color. It is called the iris, after Iris, the goddess of the rainbow. In the center of the iris is a tiny opening called the pupil.





The pupil lets light into the eye. In strong light this opening gets smaller. In weak light it gets larger.



Animals that hunt at night have good eyes. The eyes of cats and tigers have pupils which let in much light.

CARE OF THE EYES

Your eyes are worth more than any camera. You cannot get new eyes. If you should lose them, you would be blind.

People have been blinded by flying bits of glass, rock, and iron. Boys and girls should not throw glass or rock.

Some people have sore eyes. It is wise to stay away from them. Avoid using a towel which someone else has used.

If you get dirt in your eyes, have someone help you get it out. Do not rub it. It is all right for the tears to come. They help to wash out the dirt.

It is wise to learn how to wash your eyes. Be careful not to rub them or touch them with dirty hands.



You may bathe the eyes gently in clean, warm water. Avoid getting soap in the eyes. It will make them smart.

Things to Do

1. Notice eyes of different animals and different people. How do they differ in color and shape?
2. Make a study of light for reading:
 - a. Place the shades in your room so that you get good light and yet protect your eyes from glare.
 - b. Place your desk so that light comes over your shoulder.
 - c. Hold your book at an angle so that light falls on the page.

Answer, Please

1. How are your eyes like cameras?
2. What purpose do eyelids serve?
3. Why can cats see well at night?
4. What should you do if you get dirt in your eyes?
5. How can you rest tired eyes?



THE EARS AND GOOD HEALTH

Sound is a fast messenger. In one second it can travel over a thousand feet. Electricity moves still faster. In the telephone and radio, sound and electricity work together. They can speed around the world in a few seconds.

Ears are precious. They receive the messages carried by sound waves.



SOUND WAVES

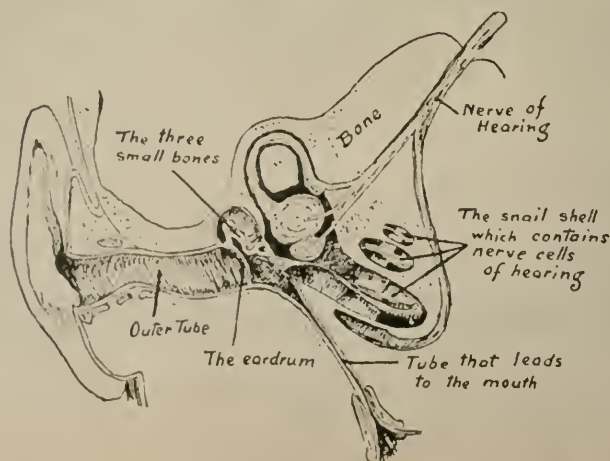
If you throw a pebble into a pool of water, you can see circles of waves move out from the place where the stone struck. If you then put your hand into the water, you can feel the force of each wave as it slaps your hand.

Strike a bell, a cup, or the top of a table with a pencil or small stick.

Sound waves go out like the water waves. They go in every direction. When these waves strike your ears, you hear.

You may also feel sound vibrations. Tap a thin glass on the outside near the rim with a pencil. Hold the tip of your finger on the rim. You can feel the glass shake.

The ear is made to receive sounds. The eardrum moves when it is struck by sound waves. You hear the sound of music or the sound of a friend's voice.



THE EARS AND HEARING

The outer ear is shaped like a dish. The wide flap helps to catch sound waves.

A short passage leads to the middle ear. It is guarded by curly hairs. They help to keep out dust and insects.

A thin coat of wax is in the passage to the middle ear. It, too, helps to keep the ear safe from insects.

The eardrum is in the middle ear. When sound waves strike this drum, it moves as the head of a large drum moves when you play on it with a drumstick.

From the eardrum three tiny bones lead into the inner ear. They take the sound waves to the nerves which go to the brain.



Quick ears help you to be safe. You hear the train's whistle, the bell at the crossing, the whir of wheels.



CARE OF THE EARS

A person who cannot hear well is said to be hard of hearing. He can use earphones to hear the sounds better. He can learn to read lips.

You will want to keep your ears safe. A blow on the ear may break the eardrum. A hard fall on the head might make you deaf.



Noise is hard on the ears. You can work better in a quiet room.

The ears should be washed every day with a soft cloth and warm water. The ears should not be picked with matches, paper clips, or pencils.

In cold weather the ears should be covered. No one likes earaches or frosted ears.

Things to Do

1. Talk with a builder or decorator about ways to make rooms quiet.
2. See if you can make people like you better by being quiet.
3. Ask the teacher or the school nurse to test your hearing. You may use the "whisper test" or the "watch test."

Answer, Please

1. Why is it better to work in a quiet place?
2. Why is it not safe to slap the ears?
3. How is the ear like a telephone?

Teach Yourself

not to make loud noises.

to listen quietly when someone talks.

to speak clearly so that others can hear.



SAFE FROM COLDS

“Colds, colds, go away;
Don’t come back another day.”

These words were spoken by a sick boy when the doctor asked him to make a wish. This is also the wish of thousands of persons every year.

Let us do what we can to prevent colds. Outdoor play in the sunshine and fresh air will help.

BAD COLDS

All colds are "bad colds." Colds cause headaches. They cause sore throats. They cause hoarse voices.

"I am coming down with a cold," you hear someone say. "I sneeze. I feel cold. My nose itches and burns."

A person who has a bad cold does not sleep well. He cannot play. He cannot go to school.

A cold may last for four or five days. Sometimes it lasts longer. The person with a cold feels weak and tired.

Colds are caused by tiny plants, called germs. They are too small to be seen. They grow on the lining of the nose, mouth, and throat. They grow by millions in the warm tubes which go to the lungs.



If a person has a bad cold, he may have to cough and sneeze. Millions of the germs are thrown into the air in drops of spray. Others who breathe these germs may also get bad colds.

Cold germs may be spread in food. They may be spread by books, pencils, whistles, and other toys. It is best to play alone if your friends have colds.

CATCHING SNEEZES

One Friday afternoon the boys and girls of the third grade were reading.

"Ker-choo! Ker-choo!" sneezed Jerry. He put his handkerchief over his nose and mouth.

Jerry walked to Miss Ford's desk. "I may be catching cold," he said. "My head aches. I feel a little chilly. I think I had better go home."

Miss Ford sent Jerry home. "It is wise to protect others," she said.

On Monday Jerry was in school. "I went to bed on Friday afternoon," he said. "I rested all day Saturday and Sunday. Today I feel fine."

The other children were glad that Jerry was well. No one caught a cold from him.



KEEPING SAFE FROM COLDS

Colds come most often in winter. The cold, cloudy months are the usual "time of colds."

On cold winter days many people stay indoors. They keep doors and windows closed. The air gets hot and dry. Hot, dry air hurts the lining of throat and nose. Cold germs grow.

In cold weather, rooms at home and at school should not get too warm. About 70 degrees is right.

In a time of colds, it is best to stay away from crowds. Colds spread in a crowd of people.

Cold germs may pass from the hands into the nose or mouth. Scrub your hands often with soap and clean water.

To keep yourself strong, get plenty of rest and sleep. Play active games. Eat plenty of green vegetables, fresh fruits, eggs, and cereals. Drink pure water, milk, fruit juice, and tomato juice. Take care of your toilet needs.

If you get a bad cold, go to bed and stay there till you get well. This is not the time to run, play, or read. It is a time to be quiet and rest.

Things to Do

1. Make a list of things you can do to keep yourself safe from colds.
2. Make a plan with your class for reducing colds in your school.

Answer, Please

1. Why are there more colds in cold weather?
2. Why should you stay away from the movies when many people have colds?
3. What should you do when you have a bad cold?
4. What are good foods and drinks to keep one well and strong?
5. How warm should we keep a room?
6. How are colds spread?
7. Why should each child have his own towel, washcloth, and toothbrush?



FIRST AID AND HEALTH

Over forty years ago a young doctor began to teach first aid. He was working with miners in a coal region. He taught them how to give first aid after someone was hurt.

Now the American Red Cross teaches thousands of people each year how to give first aid.



THE FIRST-AID KIT

Most homes have first-aid cabinets. Many drivers carry small first-aid kits in their cars. Athletic teams carry first-aid supplies. The Boy Scouts have a motto, "Be Prepared."

A bottle of antiseptic is needed in a first-aid kit. It is put on cuts and scratches to stop the growth of germs.

Clean cloth is used to cover wounds. In first-aid kits the cloth is wrapped in paper to keep it clean. Bandages, scissors, and pins are also found in first-aid kits.



AIDS FOR COMMON ILLS

Children who are careful are not often hurt. If anyone does get sick or hurt, go for help at once. Be quick! Run for a doctor or use a telephone. At school call the teacher or the nurse.

A wound may be made by a knife, saw, nail, thorn, glass, or other sharp objects. It usually bleeds.

The child who is hurt should lie down. If alone, he should call for help. It does no good to cry or scream. Crying and screaming may make him sick. We should keep cool in times of danger.

When someone comes with a first-aid kit, the wound is first cleaned. Then an antiseptic is used to stop the growth of germs.

The next task is to put a dressing on the wound. Clean, soft white cloth is used first. Over this is placed a clean, light bandage. The bandage is loose enough so that it will not stop the flow of blood in that part of the body. It may be fastened with safety pins or tied.

Many children are hurt by burns. Burns are very painful.



A paste of soda and water may be put on a burn. A loose bandage is put over the burn.

Sunburn is much like any other kind of burn. A paste of soda and water may be used as for other burns.

If anyone has a bad wound or burn, always call a doctor at once. Before he comes, someone may give first aid.

Things to Do

1. Ask someone to tell you what poison plants grow near your home. You will want to keep away from such plants. Find out:
 - a. where these plants grow.
 - b. how to know them.
 - c. what to do if you should be poisoned by one of them.
2. Tell how you would get help:
 - a. if a child should be hurt on the playground.
 - b. if your mother should be hurt at home.
 - c. if you should see someone hurt by a car on the street.

Answer, Please

1. What is in a good first-aid kit?
2. Why is an antiseptic used on a cut?



VACATION HEALTH AND SAFETY

“What days of the year do you like best?” a boy was asked.

“The holidays!” he said.

It is fun to get ready for holidays at school. It is fun to spend holidays out-of-doors.

Holidays give us time to coast on snowy hills and play in green parks.

HOLIDAY FUN

Some boys and girls in the third grade made a book called *Holiday Fun*. Each child wrote a story about one holiday or jolly day of the year.

Bob wrote about Thanksgiving Day: "My father and I went to the country the day before Thanksgiving. We brought home autumn leaves, pumpkins, apples, and a big turkey.

"On Thanksgiving Day my father and I decorated the house while my mother got the dinner. Our cousins came to our house for dinner. We all ate turkey, vegetables, and fruits.

"After dinner my father, mother, uncle, and aunt played rhymes with the children. Each side had to guess the rhyme played by the other."

Trudy wrote about Christmas:
“Frank and Father went to town and got a big tree. They set it up in the living room and put on the lights.

“On Christmas Eve we all hung presents for one another on the tree. On Christmas morning we opened the presents. We mixed some of the packages: Mother got a necktie; Frank got some doll clothes; I got an electric train; Father got a red handbag. We laughed and traded our presents.

“We gave Ginger, the cat, a toy mouse. We gave Snoops, the dog, a new ball. We scattered food outside for the birds.

“Every evening during the holidays Frank and I went to bed early. We got up early to play with our new toys.”



Mary wrote about May Day: "We made May baskets at school. On May Day we brought flowers to fill them."

“We took our May baskets down the street and left them on doorsteps. We left one for Grandma Brown. We left another for Jenny, who is lame.

“We thought it would be fun to choose a May Queen. It was hard to choose. We wanted Trudy because she stands straight. We wanted Betty because she speaks and sings well. We chose Susan because we like the way she smiles. We made a crown of flowers for the May Queen.”

Frank wrote about the Fourth of July: “On the Fourth of July we hung a big flag in front of our house. It waved as the parade went by.

“Trudy and I invited Jack, Dorothy, and Joe to eat a picnic lunch with us in the park.



“For our picnic lunch we ate sandwiches and red apples. The napkins were red, white, and blue. The ice cream had a flag in each piece.

“After lunch we went home and made a parade of our own. We decorated our wagons and bicycles with red, white, and blue paper, and rode around the block.”



Jerry told about his summer vacation: "My father had his vacation in August. We went to the seashore. We played in the sand on the beach. I learned to swim in the sea.

"I went out in a fishing boat every day with my father. We stayed close to shore, but we caught many fish.

"One day a strong wind blew. The waves rocked the little boat. Soon the boat began to fill with water. My father and I swam to shore. We were glad we knew how to swim."

HEALTH DANGERS

FLIES

DUST

DIRTY HANDS

HOLIDAY HEALTH

Betty and Tom made two posters listing health dangers in vacation. Betty listed flies, dust, and dirty hands.

She said, "Flies and dust carry germs. It is wise to keep away from them if you can. It is wise to keep your hands clean by washing often."

On his poster, Tom listed mosquitoes, firecrackers, and hot sunshine. He said, "Mosquitoes may carry germs. Firecrackers may shoot off your fingers. Hot sunshine may burn you."



Trudy and Frank made a poster, giving advice to picnickers. Trudy had a drawing showing picnic grounds. In the picture were a fireplace, a drinking fountain, and a trash basket. Below the picture Frank printed:

“At a picnic play games. After playing rest a while.

“Drink only pure water, fruit juice, or milk.

“Leave the picnic grounds clean. Pick up every scrap of paper and food.

“Put out every spark of fire.”

Things to Do

1. Tell the class what you plan to do during vacation. Let the class judge which plans are safest, happiest, best for health and growth.
2. Make a poster showing how to be happy, safe, and well in vacation.
3. Write a story telling something that you would like to do in vacation.
4. Write something you like to do on each of these days: Halloween, Thanksgiving, Christmas, Valentine's Day, Easter, May Day, Fourth of July. What should you do to help yourself and others to be safe?

Teach Yourself

to avoid flies and mosquitoes.

to avoid ice-cold drinks.

to avoid play in hot sunshine.

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